



Valerie Daniel: Embodied Presence in the Workspace



Valerie holds an MBA and a BA in Psychology and is a certified personal and professional coach who helps individuals and couples to relate in more truthful, satisfying and productive ways with themselves, others and life. Previous to coaching, Valerie spent over twenty years in director level positions in the corporate world. Explore different ways of bringing embodiment in your workspace and the benefits from it.

TOP EMBODIMENT TIP: Bring awareness: What's happening right now?

Telling the Truth: Know How to Give Good Feedback.

- It's vulnerable to give straight feedback, to tell someone that they're not doing a good job. Remember to say the things that people *are* doing well too and remain clear. Let them know you care. Clear is kind, unclear is unkind.
- The best leaders are the ones who have developed the capacity to take feedback no matter how harsh it is. Find the truth in it and leave the rest. Shame prevents us from taking in harsh feedback and from seeing what's true.
- People pleasing can get in the way of authenticity and leadership, it means avoiding. It's a selfish move - my need for you to like me over my truth. You need courage to say what's harder to say.

Trust: Amazing Things Come Out, Because We are in Uncertainty.

- What makes leaders great is that they can trust something in themselves.
- If you go into a meeting with a preset plan, because you want to avoid the uncertainty and vulnerability of being present, you cut off a great deal of creativity.

Work is a Crucible: Your Life Reflects Itself Through your Work.

- Life is continually asking us to step up and be real. The issues that show up in our personal life, show up in our work.

A Few Practical Tips:

- Practice **active detachment** to stay aware of what's happening in the room without taking it all in: step back, take things cognitively and wait till later to unwrap "the package" and see how you feel about it.
- **Be "big" in an authentic way**, which means owning who you are, being okay with that and bringing it to the world.
- Be aware of the impact you have on other people; the way you deliver things is really important.
- If someone is unwilling to make changes and keeps hurting others, the first thing to do is to **set up boundaries** and share the impact of what it is like to be with this person.
- Bullies usually want to back away from embodied presence.

Resources

- ❖ **Website:** [Valerie Daniel](#).
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- ❖ **References:** [Brené Brown](#), [Ken Wilber](#), *Fierce Conversation* by Susan Scott, *Empath Empowerment* by [Rose Rosetree](#)



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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients.

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UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](#) for details!**